

Supporting Action for Mental Health

Here's How YOU Can Take Action

Take A Mental Health First Aid Class

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. Thanks to the generous support of The Colorado Health Foundation this training is offered free of charge in Longmont for a limited time.

Classes are offered several times each month. Visit bit.ly/MHFALongmont for upcoming dates and times.

Host a MHFA training. We provide the instructor and all the supplies and you provide the location and help spread the word to your group.

Host A Conversation

We've made it easy for you to gather with family, friends, neighbors, or colleagues and meaningfully engage with each other to increase understanding about mental health, reduce stigma, and discuss how you can take action to support those in our community with mental health challenges.

Check out our Conversation Guides on Mental Health that includes conversation starters, ways to learn more and get involved, and local mental health resources.

Visit the website to learn more and download a Conversation Guide.

Talk Openly About Mental Illness/Wellness

Let's Talk Colorado is a campaign developed to encourage individuals to talk more openly about mental illness and the move toward mental wellness. Silence and stigma often block the path to healing. By breaking the silence, the Let's Talk campaign hopes to make people feel OK about seeking out the care they need.

We encourage you to visit www.LetsTalkCO.org to learn more and contact us if you'd like to help spread the word to those that you know.



For more information or to register for a class visit

<http://bit.ly/supportingactionformentalhealth>

or contact Julie Phillips, Project Coordinator at

Julie.Phillips@LongmontColorado.gov or (303) 651-8469

Supporting Action for Mental Health is a movement of local community groups, organizations, faith communities, residents, and local government working together to explore how we all can raise awareness of and take action to address mental health needs in Longmont.